



Movement Class Schedule

October 1-December 31, 2016



Fall Movement Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 pm – 1:00 pm	FUNctional Fitness Red Brick Courthouse, 105 Daria (through 12/12)	Pilates Red Brick Courthouse, 105 Peggy	Zumba Red Brick Courthouse, 105 Carrie	Yoga Red Brick Courthouse, 105 Leigh Ann	Ab Attack Red Brick Courthouse, 105 Ron
4:30 pm – 5:30 pm		Zumba PSHQ, Cafeteria Denny	Yoga PSHQ, Cafeteria Kathy	Zumba PSHQ, Cafeteria Denny	
5:30 pm – 6:30 pm		Yoga Red Brick Courthouse,105 Ariana	Yoga Red Brick Courthouse, 105 Kristen (through 11/9)	Zumba EOB, Cafeteria Carrie	



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Ab Attack This fun combo of cardio and core will help you chisel your mid-section while boosting your heart health and kicking stress to the curb. Ab Attack is the perfect way to end your week and start your weekend. We suggest wearing sneakers, and bringing water and a yoga mat.

FUNctional Fitness Challenge your endurance and build your strength with cardio and strength moves combined with a variety of equipment. Get ready for a fun workout! Bring a mat and water.

Pilates Strengthen your core and stretch your entire body with this low-impact class based on exercises by Joseph Pilates. Find your center, strength, and relaxation. Bring a mat and comfortable clothes. Socks or bare feet suggested.

Yoga Let the rhythmic movement and breathing of yoga melt stress away. The ancient practice of yoga can stretch the entire body and gentle relaxation will help you re-enter your day centered and calm. We suggest a yoga mat and bare feet or socks.

Zumba Break out your best dance moves with this spicy class. You'll salsa, shimmy, and have so much fun you'll forget that you're getting a great workout! Smooth-soled sneakers and water are recommended.

Classes will be canceled on the following dates:

- November 8: Election Day
- November 11: Veteran's Day
- November 23: Day Before Thanksgiving
- November 24: Thanksgiving
- November 25: Day After Thanksgiving
- December 23: Day Before Christmas Weekend
- December 26-30 Week of Christmas

Executive Office Building: 101 Monroe St. Rockville, MD

Red Brick Courthouse: 29 Courthouse Sq. Rockville, MD

Public Safety Headquarters: 100 Edison Park Dr. Gaithersburg, MD

HHS Fenton St: 8630 Fenton St. Silver Spring, MD

LiveWell programs are open to insurance-eligible, Montgomery County Government & participating agency employees. FOP Members are ineligible to participate in *LiveWell* programs. Reasonable alternatives and accommodations available upon request.